

It's

My



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## Pregnancy Care Resources

### Free Pregnancy Help Lines

#### National Life Center - 24 hour

1-800-848-5683

[www.nationallifecenter.com](http://www.nationallifecenter.com)

#### Pregnancy Centers Online

[www.pregnancycenters.org](http://www.pregnancycenters.org)

#### Birthright

1-800-550-4900

[www.birthright.org](http://www.birthright.org)

#### Pregnancy Care Center (English and Spanish)

1-800-395-4357

[www.care-net.org](http://www.care-net.org)

#### Nurturing Network

1-800-866-4666

[www.nurturingnetwork.org](http://www.nurturingnetwork.org)

### Free Help After An Abortion

#### American Rights Coalition

1-800-634-2224

#### Project Rachel

1-800-593-2273

[www.noparh.org](http://www.noparh.org)

Dear Reader,

So, what do YOU think about abortion? Abortion is one of the most often addressed social issues of our day. Abortion continues to be a compelling legal, political, medical and ethical issue because the infamous Supreme Court case of 1973, *Roe vs. Wade*, left some of the most fundamental questions unanswered: Are the unborn persons? Are they persons with rights? Can we justly end their lives? To these crucial questions, the author of the *Roe vs. Wade* majority decision, Justice Blackmun, said, "We need not resolve the difficult question of when life begins....the judiciary, at this point in the development of man's knowledge is not in a position to speculate as to the answer." What happened to erring on the side of caution when a human life may be at stake?

What you think matters—more than you might realize. Many experts on both sides of the abortion debate acknowledge the tremendous gaps in the foundation of *Roe vs. Wade* and are aware that its fall or revision is imminent. When this occurs, we will need to face these questions again honestly, rationally and

cautiously. As you page through this advertising supplement, please ponder the issue and discuss it with those around you.

It's your life, but... "no man is an island." What you think, say and do affects not only you but, to varying degrees, your family, your friends, everyone you encounter and ultimately the entire world. With approximately 3,500 surgical abortions being performed every day in the United States, chances are you or someone you know has been involved in an abortion. If you have not faced the issue yet, you will probably encounter it soon—better to be prepared.

If you or a friend is facing an unexpected pregnancy...slow down...think about life. There are over 5,000 pregnancy resource centers in this country with counselors waiting to help answer questions like: Am I pregnant? What about prenatal care and financial support? How can I continue my education? Before making a decision get all the information you can—this supplement will get you started. You will never regret getting the full story.

## Angela's Story

"Tim, I think I'm pregnant." It was New Year's Eve. My boyfriend sighed deeply, his gaze remaining fixed on the TV. He then muttered something that made me feel already deserted. I felt a sour lump in the back of my throat. Yes, I was pregnant, and I was scared!

I knew from firsthand experience how tough it is raising a child as a single mother. I already had a 2-year old daughter, Jennifer, from an earlier unsuccessful marriage. When my pregnancy was confirmed, Tim's non-committal response to my distress and his move to Chicago, 400 miles away, left me despondent and convinced that abortion was the "easy way out." I was already struggling financially with one child. How could I raise two?

I felt desperately alone. I often cried myself to sleep. I decided to confide in a couple of college professors who collected money to fly me out of town to have an abortion. Now I was obligated to go through with it. Still, I agonized!

I was summoned to the room where the abortions are performed. I could hear a woman sobbing hysterically in the recovery room. That memory haunts me still.

As the doctor was examining me, prior to performing the abortion, he suddenly stopped and said to the nurse, "Get her out of here! She's too far along!" Relief instantly washed over me! How odd! I had thought I wanted an abortion but now felt instantly relieved to know I was still pregnant.

I decided to use every ounce of courage I could muster to deal with my pregnancy. My ambivalence turned into love for my unborn daughter, Melanie.

It took energy and creativity to support the three of us.

During the first year of Melanie's life, she attended classes with me. When my daughters were preschool age and in daycare, I obtained a job as bookkeeper for the daycare center they attended. If they needed a hug, they could come into my office and get one. Other means of support included: Renting rooms to students; teaching evening classes at the community college; and operating a typing business out of the dining room of my student housing which, again, enabled me to be with my children while working.

My two daughters inspired me to do great things. They never stood in the way of my career. I finished my degree; then I went on to get my Master's and Ph.D. Besides being a proud mother, I am happily married, a published author, a motivational speaker, and a part-time musician.

When we endure something tough, our character and self-esteem are strengthened. Many women who have confessed to me that they've had abortions have discovered that the "easy way out" is just an illusion. Some are in abusive relationships. Some are on anti-depressants. Others just seem detached from life. Some sadly remember their aborted child's "would be" birthday each year.

I cannot promise that it will be easy. I can only promise that the anguish will pass and there are people who will help you through this trying time. One day you will look back on the birth of your child, and know that you did the right thing.

Sincerely,

Dr. Angela Woodhull

## Test Your Abortion I.Q.

**1. On January 22, 1973 the U.S. Supreme Court legalized abortion through which month of pregnancy?**

A) 3rd month    B) 4th month    C) 6th month    D) 9th month

**2. Since abortion was legalized in 1973 the number of pre-born babies' lives extinguished by surgical abortion alone is:**

A) 6 million    B) 20 million    C) 33 million    D) 43 million

**3. About what percentage of pregnancies end in abortion?**

A) 15%    B) 22%    C) 33%    D) 47%

**4. What age group has the greatest number of abortions?**

A) 15-19    B) 20-24    C) 25-29    D) 30-34

**5. Over 10 million black children have been aborted since abortion was legalized. This is what fraction of the present black population in the U.S.?**

A) 1/8    B) 1/5    C) 1/3    D) 1/2

**6. According to a 1998 report by the Centers for Disease Control, how many late-term (>21 weeks of pregnancy) abortions are performed annually?**

A) 3,700    B) 1,200    C) 8,000    D) 12,400

**7. What percentage of teen pregnancies end in abortion?**

A) 30%    B) 35%    C) 38%    D) 40%

**8. What percent of abortions performed in the U.S. are repeat abortions?**

A) 30.5%    B) 40.2%    C) 47%    D) 60.7%

**9. What percent of women who have had abortions experience suicidal tendencies?**

A) 45%    B) 62%    C) 70%    D) 77%

**10. A developing baby's heart begins to beat at:**

A) 21 days    B) 30 days    C) 45 days    D) 60 days

*For the answers, turn to page 10.*

"I long for the day that justice will be done...  
I want to do everything in my power to  
help women and their children.  
The issue is justice for women,  
justice for the unborn,  
and justice for what is right."

—Norma McCorvey, "Jane Roe" of *Roe vs. Wade*

## Adoption: Lisa's Story

It was the beginning of my junior year in high school. I was excited, looking forward to another year of diving, gymnastics, and track. But this excitement quickly ended when I realized I was pregnant.

When the pregnancy was confirmed, my mind went racing. I was terrified! The idea of having an abortion was never a consideration for me. I could not live with the realization that I was responsible for taking the life of my child—a death because of my actions.

I knew I could love and care for a child, but when I stopped thinking about myself, and thought about what was best for my child, I knew adoption was the right decision. I was sixteen at the time. I wanted to go back to school for my senior year and wanted to participate fully, in sports etc. I wanted to go on to college.



I chose to do an independent open adoption. Through this process I was able to select from among the prospective adoptive parents. I had the opportunity to establish a personal relationship with them as well as to develop a lasting friendship. The more I got to know them the more excited I was about placing my baby with this couple. They had so much love and security to offer my child. They were there with me in the hospital when my son was born.

Many tears were shed throughout the nine months and during the hospital stay. But, they were not all tears of sadness. I miss my son very much. I think about him every day and a smile comes to my face. I thank the Lord that He led me to two such special people to be adoptive parents for my child.

It has been several years since my son was born. He now has an adoptive sister. I keep in contact with the family through letters and pictures. I can't begin to explain the feelings of pride and contentment that I experience when I see the smile on his face.

I am now a junior in college majoring in paralegal studies. Relinquishing my child was the hardest decision I will ever have to make but I'm more confident than ever that it was the right one.

—Lisa O.

**To meet couples who hope to adopt, go to [www.adoption.com](http://www.adoption.com) or call this toll free number for a free video: 1-800-236-7843.**

## The Spin

### Freedom to Choose

It sounds almost patriotic. Our great American freedoms: To speak my piece, to peaceably assemble, and to practice the religion of my choice. How can these freedoms be equated with the freedom of a woman to abort her unborn baby? We might as well be "pro-choice" on graffiti, kiddie porn, and prostitution.

### A Woman's "Right"

Women are breaking through the glass ceilings everywhere, surpassing the number of men in college, in law and medical schools. Just look at sports—basketball, soccer, hockey, and wrestling. We've come too far to reduce a woman's "right" to mean the "right to abortion".

### It's Just Tissue

Simple tissue isn't bursting with life, with stem cells that some researchers would kill for, with a beating heart and fingerprints, with enough DNA to fill five sets (not volumes) of Encyclopedia Britannica if the micro-miniature language was enlarged to standard-sized print.

### A "Wanted" Child

Does your value depend on the degree someone wants you? Let's be honest. A child is a child. How could any baby be called unwanted when there are over one million couples waiting, hoping, and praying for a chance to adopt a child?

### "Safe" Abortion

Many young women believed this until it was too late. The book, *Lime 5*, documents over 200 cases of women injured or killed by legal, so-called "safe" abortion (see [www.prolife.com](http://www.prolife.com) for details). An aborted baby, the potential for cervical cancer, the possibility of becoming infertile, so where's the safe part?

### "Back-alley" Abortions

As tragic as the loss of any life is, there were 39 maternal deaths due to abortion in 1972, the year prior to the legalization of abortion by the *Roe v. Wade* decision.

### I Wouldn't Do It, But I Can't Tell Someone Else What To Do

What if U.S. citizens had been willing to accept this justification for tolerating slavery? As it is, our "land of the free" offers limited, selective freedom. Our youngest, most vulnerable citizens are still slaves to their mothers' life or death whims.

## Common Abortion Methods

### Suction Aspiration

The abortionist inserts a hollow plastic suction tube into the dilated cervix. The uterus is emptied by a high-powered suction machine. The baby's body is torn as he/she is being pulled through the hose.

### Dilatation and Evacuation

Used after 12 weeks. Once the cervix is dilated considerably further than in first trimester abortions, the abortionist inserts a narrow forceps that resembles a pliers. This instrument is needed because the baby's bones are calcified, as is the skull. The abortionist inserts the instrument into the uterus, seizes a leg or other part of the body and, with a twisting motion, tears it from the baby's body. The spine is snapped and the skull crushed. Body parts are then reassembled and counted to make certain that the entire baby has been removed and that no parts remain in the womb.

### Partial-birth Abortion

After three days of preparations, the abortionist places an ultrasound transducer on the mother's abdomen and locates the child's legs and feet. The abortionist then uses a large forceps to grasp one of the baby's legs. He pulls firmly, forcing the child into a feet-down position.

Using his hands instead of forceps, the abortionist delivers the baby's body in a manner similar to a breech birth. The baby's head remains inside the birth canal.

The last step involves using surgical scissors to pierce the child's head at the base of the skull. The abortionist forces the scissors open to enlarge the skull opening. He/she then inserts a suction catheter into the brain and vacuums out the child's brain tissue with a machine 28 times more powerful than a household vacuum.

### Ru486 - Mifeprex

Mifeprex blocks the action of the hormone progesterone, which is needed to maintain the lining of the uterus providing oxygen and nutrients for the embryo. Without it, the baby dies. Mifeprex is used in conjunction with the drug Cytotec (misoprostol) which is taken two days after Mifeprex, causing uterine bleeding (sometimes profuse), strong contractions, and expulsion of the baby.

The pregnant woman first visits the abortionist to obtain three Mifeprex pills, returns two days later to receive misoprostol, and a third time to verify that the abortion is complete. The failure rate of this method is about 8% if the pills are taken within 7 weeks and up to 25% at 8-9 weeks. If the baby survives the abortion, there is an extremely high risk that he or she will suffer mental and/or physical birth defects from the Cytotec.

## "Emergency Contraception" An Advertising Deception

The campaign to make "Emergency Contraception" (EC) available over-the-counter with its slogan "Back up your Birth Control with EC", is deceiving women regarding EC's action and the risks related to its use. It exacerbates what feminist Germaine Greer calls, "the cynical deception of women by selling abortifacients as if they were contraceptives," a deception she finds "incompatible with the respect due to women as human beings." Some of the deceptive claims we hear are:

**CLAIM:** EC does not end a pregnancy; it won't work if you're pregnant.

**FACT:** On the contrary, one of the actions of EC is to alter the lining of the uterus and thereby end a pregnancy by inhibiting the implantation of the embryo. Since EC can prevent a developing embryo from implanting in the womb, its effect frequently "is to kill a tiny human being," said Dr. John C. Willke, president of the Life Issues Institute in Cincinnati. "It is a very, very early abortive drug." (*Washington Times* 01/02/02)

EC, also known as the morning-after-pill, is a high dosage of the birth control pill. Almost all birth control pills, drugs (such as RU-486) and devices, except the condom, are abortifacient in nature; that is, they may allow the sperm to fertilize the egg to produce a newly formed individual and then act to inhibit the embryo from implanting in the womb. Consequently, the woman's body rejects the tiny embryo and he or she dies and is eliminated in the next menstrual cycle. This is called a chemical abortion. Anything capable of inducing or causing an abortion is more than a "contraceptive"—it can be an abortifacient.

**CLAIM:** EC is "safer than aspirin."

**FACT:** Some of the documented side effects are: Nausea, Vomiting and Diarrhea, Infertility, Breast tenderness, Ectopic pregnancy—can be life threatening, Blood clot formation and Stroke—can be life threatening. The "prescribing information" for the well-known EC, Preven, warns: "Blood clots that form in the leg can cause blockage of blood flow in the leg veins [and] can travel to the lung causing serious disability or death."

**CLAIM:** Easy access to EC will reduce the number of abortions.

**FACT:** EC has been readily available in Scotland for years, but teen pregnancy and abortion rates have not gone down.

**CLAIM:** Increased access to EC will not increase promiscuity.

**FACT:** A recent report from Scotland suggests two causes for both the high use of EC and the increase in abortions: "more unpremeditated sexual activity" and "more failures in contraception with increased use of condoms." The report also notes an "alarming rise" in sexually transmitted diseases paralleling greater use of EC.

It is worth noting that the birth control pill causes 150 different chemical changes in the woman's body. This fact is documented in the *Textbook of Contraception* by Malcom Potts, Director of Planned Parenthood of England (Cambridge Press 1983, p. 144).

*Based on an article by Susan Wills, "Deconstructing Rosie," March 2, 2002 USCCB*

# There you were...and here you are!

## Day 1 Fertilization

The sperm joins with the ovum to form one cell. This one cell contains the complex genetic makeup for every detail of a new human—the child's sex, hair and eye color, height, skin tone, etc. Nothing new is added but oxygen, nutrition and time.<sup>1</sup>

## Month One

The first cell divides in two and cell division continues in an orderly fashion as the newly formed individual travels down the Fallopian tube to the uterus. There are over 500 cells present when this tiny embryo (the blastocyst\*) reaches the uterus 7 to 10 days after fertilization.<sup>2</sup> Foundations of the brain, spinal cord and nervous system are already established, and on day 21 the heart begins to beat in a regular fashion with a blood type often different from her mother's.<sup>3</sup> Muscles are forming, and arms, legs, eyes and ears have begun to show. \*The blastocyst is the stage at which many researchers want to destroy the embryo in order to harvest stem cells which are the building blocks of life.



Bell Museum of Pathology Bulletin,  
University of Minnesota  
Medical School,  
Autumn 1972, Pub. No. 2

## Month Two

By 6 weeks brain waves can be detected by electroencephalogram and the brain is controlling 40 sets of muscles as well as the organs.<sup>4</sup> The jaw forms, including teeth and taste buds.<sup>5</sup> The baby begins to swallow amniotic fluid, and some have been observed hiccupping.<sup>6</sup> During this time, the stomach produces digestive juices, and the kidneys begin to function.<sup>7</sup> Fingers and toes are developing and at 7 weeks the chest and abdomen are fully formed.<sup>8</sup> Swimming with a natural swimmers stroke in the amniotic fluid, she now looks like a miniature human infant.<sup>9 10</sup>

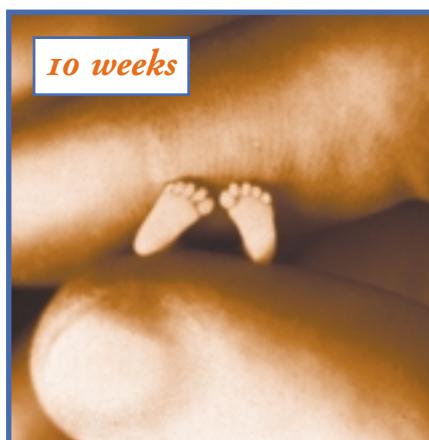


Photo by Dr. Russell Sacco,  
Portland, Oregon 1970

## Month Three

Unique fingerprints are evident and never change.<sup>11</sup> The baby now sleeps, awakens, and exercises her muscles by turning her head, curling her toes, and opening and closing her mouth. Even though mom cannot feel the movement yet, baby is very active. She breathes amniotic fluid to help develop her respiratory system. The sex can be visually determined and family resemblances may appear as well!<sup>12</sup> By the end of the month all the organs and systems of her body are functioning.<sup>13</sup>



## Month Four

By the end of this month, the baby is 8-10 inches in length and weighs about 1/2 pound. Her ears are functioning and she hears her mother's heartbeat, as well as external noises like music. Mother begins to feel baby's movement, a slight flutter at first only to become stronger.<sup>14</sup> Life-saving surgery has also been performed on babies at this age.

## Month Five

If a sound is especially loud, the baby may jump in reaction to it. Thumb-sucking has been observed during the fifth month.<sup>15</sup> Babies born prematurely at this stage of development often survive, thanks to advances in neonatal medicine. Case in point: baby Kenya King, born in Florida at 19 weeks (4-1/2 months) weighed 18oz and survived.<sup>16</sup>

## Month Six

Oil and sweat glands are functioning. The baby's delicate skin is protected in the amniotic sac by a special ointment called vernix. She grows rapidly in size and strength while her lungs become more developed.<sup>17</sup>

## Month Seven

The baby can now recognize her mother's voice. She exercises by stretching and kicking as she grows even bigger. She uses the four senses of hearing, touch, taste and she even looks around with open eyes at her watery home.<sup>18</sup> If the baby is a boy, his testicles descend from the abdomen into the scrotum.<sup>19</sup>

## Month Eight

The skin begins to thicken, with a layer of fat stored underneath for insulation and nourishment. The baby swallows a gallon of amniotic fluid per day and often hiccups.<sup>20</sup> Though movement is limited, due to cramped quarters, her kicks are stronger and mom may be able to feel an elbow or heel against her abdomen.<sup>21</sup>

## Month Nine

Gaining 1/2 pound per week, the baby is getting ready for birth. The bones in her head are soft and flexible to more easily mold for the journey down the birth canal.<sup>22</sup> Of the 45 generations of cell divisions before adulthood, 41 have taken place before. Only four more come before adolescence. In terms of development, we spend 90% of our lives in the womb.<sup>23</sup>

- 1 "The Drama of Fetal Development", *American Baby* (January 1989), p. 45
- 2 Mayo Clinic Family Health Book, 3rd ed, Harper Resource, 2003
- 3 Moore and Persaud, *The Developing Human*, p. 310
- 4 Hannibal Hamlin, M.D. "Life or Death by EEG", *Jour. Of the AMA* (Oct. 12, 1964), p. 113
- 5 T.W. Sadler, *Langman's Medical Embryology*, 7th ed., (Baltimore: Williams & Wilkins, 1995, p. 341
- 6 J.I.P. DeVries, et al, 'The Emergence of Fetal Behavior', *Early Human Development*, Vol 12, 1985, p. 108
- 7 Gordon Debra, MD, "Pregnancy", *The Gale Encyclopedia of Medicine*, 2nd ed., pp 2694-2695
- 8 Mayo Clinic Family Health Book, 3rd ed, Harper Resource, 2003, p. 268
- 9 Valman & Pearson, "What the Fetus Feels", *British Medical Journal*, p. 234
- 10 Mayo Clinic Family Health Book, 3rd ed, Harper Resource, 2003, p. 269
- 11 Moore and Persaud, *The Developing Human*, p. 428
- 12 Flanagan, *Beginning Life*, pp.59-65
- 13 Cunningham, MacDonald & Grant, *Williams Obstetrics*, 18th ed., p.90 & 103
- 14 Flanagan, *Beginning Life*, p. 68
- 15 Health & Wellness Resource Center, "Normal Growth of a Baby During Pregnancy", *Clinical Reference Systems Annual 2001*, p. 1391
- 16 Kolata, Gina, "Survival of the Fetus: A Barrier is Reached", *New York Times* (Mar 18, 1989), p.C1;
- Browne, Mona Z., "19 Week Early Preemie Wins Life Struggle", *Miami Herald* (Oct 4, 1985), p. 1A
- 17 Gordon Debra, MD, "Pregnancy", *The Gale Encyclopedia of Medicine*, 2nd ed., pp 2694-2695
- 18 ibid
- 19 Health & Wellness Resource Center, "Normal Growth of a Baby During Pregnancy", *Clinical Reference Systems Annual 2001*, p. 1391
- 20 ibid
- 21 ibid
- 22 ibid
- 23 Interview with Sir A. William Liley, [http://www.vanderbilt.edu/SFL/lejeune\\_testimony.htm](http://www.vanderbilt.edu/SFL/lejeune_testimony.htm)

# Geneticist Describes the "Symphony of Life"

The late Jérôme LeJeune, M.D., Ph.D., one of the world's foremost authorities in the field of genetics, taught us much about the intricacies of the beginning of human life.

Dr. LeJeune called that very first cell, the fertilized egg, "the most specialized cell under the sun." He explained that the fertilized egg contains more information about the new individual than can be stored in five sets (not volumes) of the Encyclopedia Britannica (if enlarged to normal print). No other cell will ever again have the same instructions as those in the life of the individual being created.

In the words of Dr. LeJeune, "Each of us has a very precise starting point which is the time at which the whole necessary and sufficient genetic information is gathered inside one cell, the fertilized egg, and this is the moment of fertilization. There is not the slightest doubt about that, and we know that this information is written on a kind of ribbon which we call the DNA."

"At no time," Dr. LeJeune stated, "is the human being a blob of protoplasm. As far as your nature is concerned, I see no difference between the early person that you were at conception and the late person which you are now. You were, and are, a human being."

The Science of Fetology has advanced to the point that it can now be determined within three to seven days after fertilization if the new human being is a boy or a girl.

When Dr. LeJeune testified in a Tennessee Court in 1989 as to the humanity of seven frozen embryos

he held the court spellbound with the following visual/audio reference to man's "symphony of life." He explained that if you were to buy a CD on which a Mozart symphony had been recorded and insert it in a player, what is being reproduced is the movement of the air that transmits to you the genius of Mozart. Accordingly, LeJeune further explained, "It's exactly the same way life is played. On the tiny mini-cassettes, which are our chromosomes, are written various parts of the opus which is for [a]

**As far as  
your nature  
is concerned,  
I see no  
difference  
between the  
early person  
that you were  
at conception  
and the late  
person which  
you are now.  
You were, and  
are, a human  
being."**

—World renowned  
geneticist, the late  
Dr. Jérôme LeJeune



Dr. Jérôme LeJeune

human symphony, and as soon as all the information necessary [is brought together]...to spell the whole symphony this symphony plays itself; that is, a new man is beginning his career...as soon as he has been conceived, a man is a man."

Dr. Jérôme LeJeune, who resided in Paris, France, was a medical doctor, a Doctor of Science and a

professor of Fundamental Genetics for over 20 years. Dr. LeJeune discovered the genetic cause of Down Syndrome, receiving the Kennedy Prize for this discovery and, in addition, received the Memorial Allen Award Medal, the world's highest award for work in Genetics. Dr. LeJeune died on April 3, 1994.

## What Do You Think?

**We Want To Hear  
From You**

**Email us at [campus@humanlife.org](mailto:campus@humanlife.org)**

**or write to us at  
Human Life Alliance**

**3570 Lexington Avenue North, #205  
St. Paul, MN 55126  
651.484.1040**

## The Silent Grief of Abortion

After an elective abortion some women may immediately experience a sense of relief since they are no longer facing an unwanted pregnancy. However, this "relief" experience is all too often short-lived. Abortion is clearly an experience of loss and a period of grieving is to be expected. The natural tendency to suppress or deny the unpleasant, not to mention the pressure from a society that fails to recognize the need to grieve the loss of an aborted child, may help a woman to mask the grief and cope temporarily. Eventually, however, the stress from the intense pain she naturally suffers may result in emotional instability or even psychosis.<sup>i,ii</sup>

In an interview for the Washington Post, Dr. Julius Fogel, a psychiatrist and obstetrician who has performed abortions as well as counseled many women who have undergone an abortion, said, "There is no question about the emotional grief and mourning following an abortion. Many come in—some are just mute, some hostile. Some burst out crying...There is no question in my mind that we are disturbing a life process."<sup>iii</sup> In an earlier interview, Fogel, said, "This is part of her own life. When she destroys a pregnancy, she is destroying herself. There is no way it can be innocuous."<sup>iv</sup>

Ann Marie Cosgrove, President of *Silent No More*—

Minnesota, publicly testifies about the trauma and pain that abortion has caused in her life, "Abortion changes you forever. I thought the abortion would free me up from a responsibility I felt I was not ready for. Instead it held me in bondage to feelings of



Ann Marie Cosgrove

regret, remorse, depression and despair. My soul became a slave to self-hatred and worthlessness. My sanity the price I would pay. **Women deserve better than abortion.**" There are many courageous women, such as Ann Marie, who give personal testimony in opposition to abortion. They also offer their understanding, compassion and time to those who need their support in coping with the emotional and psychological aftermath of an abortion. There are chapters of *Silent No More* in nearly every state.

The U.S. Senate recognized the mental health consequences of abortion when it passed an amendment (November 6, 2001) to the appropriations bill H.R.3061:

**SEC. 227.** *It is the sense of the Senate that—*

(1) the Secretary of Health and Human Services, acting through the Director of NIH and the Director of the National Institute of Mental Health, ...should expand and intensify research ... with respect to post-abortion depression and post-abortion psychosis; ...the Director of the Institute should conduct or support research to expand the understanding of the causes of, and to find a cure for, post-abortion conditions; ...(<http://thomas.loc.gov/cgi-bin/query/>).

Fortunately, as the emotional/psychological correlates of induced abortion are becoming more fully recognized and acknowledged women and their families, who have undergone an abortion, are able to identify the symptoms, to better understand their cause, and to seek help. Treatment programs have sprung up across the nation making it possible to get help privately over the Internet and on the telephone, confidentially on a one-to-one basis, or by joining one of the many group therapy programs available.

For help following an abortion: click [www.pregnancycenters.com](http://www.pregnancycenters.com) or call **800-395-HELP**  
[www.helpafterabortion.com](http://www.helpafterabortion.com), [www.victimsabortionsspeakout.org](http://www.victimsabortionsspeakout.org),  
[www.postabortionpaths.org](http://www.postabortionpaths.org), [www.afterabortion.com](http://www.afterabortion.com)

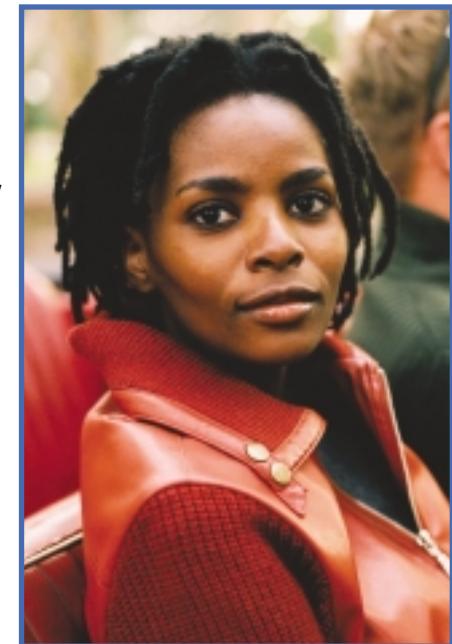
## Michelle's Story

I was 18 years old when I got pregnant. Since I had already enlisted in the Air Force, I thought I had to have an abortion in order to make something out of my life.

My best friend drove me to the abortion clinic. It was like an assembly line. When the ultrasound was being done I asked to see it. But this wasn't allowed (so much for "an informed decision"). Then I asked how far along I was. I was told I was nine-and-a-half weeks pregnant. That hit me hard. I started doubting, and wanted to talk to my friend, but I wasn't allowed to.

When it was my turn the nurse told me that I was going to feel some discomfort, like strong menstrual cramps. The truth is that the abortion was more pain than I've ever felt in my life. It felt like my insides were literally being sucked out of my body. Later I went into shock.

After the abortion, I tried to make up for it by trying to get pregnant again. I wanted my baby back. I never got pregnant again. I don't know if I can ever have another baby. I named my baby. I found out later that this is part of the grieving process.



Two-and-a-half years later, I ended up in the hospital with bulimia. I felt that no one had punished me for what I had done so I was punishing myself. I became obsessed with women who were pregnant. My life was in shambles! I was suffering from post-abortion trauma.

When I was 21 years old I received help from a woman who was involved with pro-life activism. I went through a program called "Conquerors." Not only did I experience forgiveness, I was also challenged to help others. I answered the challenge!

**"Please don't make the same mistake I did."**

I started sidewalk counseling. There is a healing process that comes from getting involved in the pro-life movement. I talk to youth groups and students and share my testimony. To them, and to you, I plead, "Please don't make the same mistake I did."

—Michelle C.

Notes and Resources: [www.seghea.com/pat/life/morbidity.html](http://www.seghea.com/pat/life/morbidity.html) (for a list of articles on post abortion trauma), [www.abortionresearch.com](http://www.abortionresearch.com)

i Angelo, E. Joanne, MD, "The Negative Impact of Abortion on Women and Families," In *Post-Abortion Aftermath*, Mannion M., ed., Sheed and Ward: Kansas City, MO, 1994.

ii Speckhard, PhD, Anne, and Dr. Vincent Rue, PhD, "Complicated Mourning: Dynamics of Impacted Post-Abortion Grief," *Pre- and Perinatal Psychology Journal*, Vol. 8, No.1. Fall, 1993.

iii McCarthy, Colman, "The Real Anguish of Abortion," *Washington Post*, February 5, 1989.

iv McCarthy, Colman, "A Psychological View of Abortion," *St. Paul Sunday Pioneer Press*, March 7, 1971.

## Reproductive Racism

By Akua Furlow

The vision of Planned Parenthood, founded in 1916 by Margaret Sanger, became the working arm toward eugenic goals. The stated vision was "reproductive freedom" for the wealthy families and "birth control" for everyone else.

The organization most responsible for the bigoted concepts of "Social Darwinism" is the American Eugenics Society. Founded in the early 1900's, this organization was the working arm of the British Eugenic Society which embraced the white—more specifically, the Anglo-Saxon race—supremacy doctrine. In the United States eugenics became more than an abstract philosophy. It degenerated into an active campaign to eliminate all those deemed inadequate and resulted in a worldwide crusade to abolish all human inferiority.<sup>1</sup> The American Eugenics Society fostered the Jim Crow laws of the South, the anti-Semitic doctrine that encouraged Nazi Germany during the Jewish Holocaust and supported South-African Apartheid.

Despite claims that Margaret Sanger was not a racist or an anti-Semite, the fact remains that, "She openly welcomed the worst elements of both into the birth control movement."<sup>2</sup> Henry Pratt Fairchild who wrote, "Birth control and eugenics are by nature closely related, and neither one can attain its complete fulfillment, or render its maximum service to society, without the other"<sup>3</sup> and Lothrop Stoddard, author of, *The Rising Tide of Color Against White World Supremacy*, were two of many eugenacists who worked closely with Sanger.

Historical documents prove that Planned Parenthood acted as the willful arm of the American Eugenics Society and even developed a plan, the *Negro Project*, as a propaganda program to infiltrate the black community through their civic leaders.<sup>4</sup> Margaret Sanger's expressed disdain for the poor and disabled whom she frequently dubbed "undeserving," "unfit," and "dysgenic" and called for their sterilization and segregation<sup>5</sup> is well known and is likely to have been the motive behind her "Negro Project."

Lest one think reproductive racism was merely an issue of the past, current numbers prove the problem persists. Today Planned Parenthood, the largest abortion provider in the Nation, routinely establishes clinics near large minority populations. Racial targeting by abortion providers has demonstrably resulted in a disproportionate number of minorities obtaining abortions. In the year 2000, African Americans, numbering 34.7 million individuals, or 12.3 percent of the U.S. population obtained 32% of abortions in that year.<sup>6,7</sup> Black women are more than 3 times as likely as white women to have an abortion, and Hispanic women are 2-1/2 times as likely.<sup>8</sup>

Akua Furlow is the Director of Research for the Education and Resources Network, Inc.



Akua Furlow

## The "Hard Cases"

Researchers David C. Reardon, Julie Makimaa, and Amy Sobie completed a nine year study on pregnancy outcomes of sexual assault victims.

As part of their research the authors drew upon testimonies from 192 women who became pregnant as a result of rape or incest, and 55 children conceived in sexual assault. Following are excerpts from their book, *Victims and Victors*.

Pregnancy resulting from sexual assault is actually a contraindication for abortion. A doctor treating a sexual assault victim should advise against abortion precisely because of the traumatic nature of the pregnancy. The testimonies and studies quoted in this book confirm that both the mother and child are helped by preserving life, not by perpetuating violence.

Research shows that after any abortion, it is common for women to experience guilt, depression, feelings of being "dirty," resentment of men, and lowered self-esteem. These feelings are identical to what women typically feel after rape. Abortion only adds to and accentuates the traumatic feelings associated with sexual assault. Rather than easing the psychological burdens, abortion adds to them.

Kathleen DeZeeuw, whose son Patrick was conceived in rape when she was 16, writes: "I, having lived through rape, and also having raised a child 'conceived in rape' feel personally assaulted and insulted every time I hear that abortion should be legal because of rape and incest. I feel that we're being used by pro-abortionists to further the abortion issue though we've not been asked to tell our side of the story."

The case against abortion for incest pregnancies is even stronger. Studies show that incest victims rarely ever voluntarily agree to abortion. Instead of viewing the pregnancy as unwanted, the incest victim is more likely to see the pregnancy as a way out of the incestuous relationship because the birth of her child will expose the sexual activity.

For example, Edith Young, a 12-year-old victim of incest, writes twenty-five years after the abortion of her child: "The abortion which was to 'be in my best interest' just has not been. As far as I can tell, it only 'saved their (my parents') reputations, solved their problems' and allowed their lives to go merrily on."

David C. Reardon, Julie Makimaa, and Amy Sobie. *Victims and Victors*. Acorn Books, Springfield, IL 2000. pp.15-17. For further information see <http://www.afterabortion.org>.



<sup>1</sup> Black, Edwin. *War Against the Weak: Eugenics and America's Campaign to Create a Master Race*. New York, Four Walls Eight Windows. 2003. p. 19.

<sup>2</sup> Ibid. p. 135.

<sup>3</sup> Henry Pratt Fairchild. "Programs and Wishes For 1933." *Birth Control Review*, Volume XVII, Number 1 (January 1933), p. 5.

<sup>4</sup> Letter from Sanger to Dr. W. E. Burghardt DuBois, 11 November 1930, New York, MSCLC. DuBois served as director of research for the NAACP and as the editor of its publication, *The Crisis*, until 1934.

<sup>5</sup> Sanger, Margaret, *The Pivot of Civilization*. Humanity Press, 1922, chapters 4,5.

<sup>6</sup> Jones RK, Darroch JE and Henshaw SK, Patterns in the socioeconomic characteristics of women obtaining abortions in 2000-2001, *Perspectives on Sexual and Reproductive Health*. 2002, 34(5):226-235

<sup>7</sup> [www.prdc.org/summaries/blacks/blacks.html](http://www.prdc.org/summaries/blacks/blacks.html)

<sup>8</sup> [www.guttmacher.org/pubs/fb\\_induced\\_abortion.html](http://www.guttmacher.org/pubs/fb_induced_abortion.html)

## Substituting Sex For Love

Cynthia Brantley and Leland Elliot, co-authors of the study "Sex on Campus: The Naked Truth About the Real Sex Lives of College Students," said of college students, "They want to be in love. They're looking for relationships, and in the context of this, they're having a lot of sex."

In their study, Brantley and Elliot note that 80 percent of college students are sexually active, and 60 percent engage in casual sex. Fifty-five percent of those studied admitted to having unsafe sex, and 21 percent said they never use a condom because they "didn't care."

However, 92 percent of college students say they are seeking a "real" relationship—they say that love is more important than sex. But actions speak louder than words.

On today's campuses sex is anything but taboo—it is practically a given. The remaining 20

percent who are not sexually active are looked down upon and often laughed at. They are seen as young, naive and—a personal favorite—lacking self-confidence. When even among friends it is found that someone hasn't had, or doesn't have, sex, their peers ask, "What's wrong with them."

The real question should be, "What's wrong with everyone else?"

Putting all of the dangers of disease aside, sex is no substitute for the real relationship the vast majority of students claim to desire. Sex will not fill that need, and certainly will not result in anything that lasts. It is not a foundation for love.

If it was, then the average number of partners would be lower than 6.4, and disease would not be as prevalent as it is today.

And that seems to be the real problem. The greatest threat to college students is not the contraction of herpes, syphilis or AIDS. It's that young people are replacing love with sex.

In conversations with friends about this very subject, the question has been raised, "How can you know you really love someone if you haven't had sex with them?" That question is also morphed to include the experience side of things: "How do you know you're with the right person if you haven't had sex with someone else?" As if to say we need to compare people sexually to find the one we "love."

**It's sad to think that's all love has become. That love culminates itself in that short span of passion. That the crux of a real relationship hangs on sex.**

It's sad because it is so empty. Do you really love someone when all they are is a body to have sex with? Do you really feel loved when that's all you are? Surely, many of you reading this are objecting, starting your sentence with, "Yeah, but..."—and that's because you don't.

**As was said before, sex is no foundation for love. That's why relationships based on sex don't last.**



When something hotter comes along, or one person decides they are not attracted to their partner anymore, it's over. And is that really love? Is that the real relationship 92 percent of college students claim they want to find?

As it turns out, though they are not the majority, the students who aren't seeking love through sex are smarter than the rest—and most likely happier and more content—not to mention more confident of themselves and what they really want.

Not only are they saving themselves from un-needed trips to the doctor, they will be the ones who find that real relationship. They won't have to feel the emptiness of casual sex. They don't need to reinvent themselves to attract the next one-night stand. They will be the ones who find themselves. They will wind up having more to offer than just a body. Perhaps that's where all college students should be looking for love and that real relationship we all claim to desire.

**By Tom Chambers, former student writer for *The Telescope*, Palomar College, CA.**

### Answers to Abortion I.Q. Quiz (from page 3)

1) D; 2) D; 3) C; 4) B (U.S. Dept. of Health and Human Services, Center for Disease Control, Abortion Surveillance Report, July 1991); 5) C (St. Paul Pioneer Press, C. Thomas 4/2/93); 6) D; 7) B (The Medical Institute for Sexual Health); 8) C (Alan Guttmacher Institute, [www.agi.usa.org](http://www.agi.usa.org), 2002); 9) B (Aborted Women, Silent No More, David C. Reardon); 10) A (Color Atlas of Life Before Birth, Marjorie England, Yearbook Publ.)

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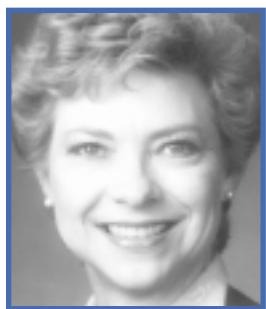
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## On The Inside

Carol Everett



Carol Everett

### What is the governing force behind the abortion industry?

Money. It is a very lucrative business, the largest unregulated industry in our nation. The product, abortion, is skillfully marketed and sold to the woman at a crisis time in her life.

### Do clinics give women all the facts?

No. In my experience, the clinic personnel denied the personhood of the child and the pain caused by the procedure. Every woman has two questions, "Is it a baby?" and "Does it hurt?" The personnel always answered, "NO," lying to secure the consent of the woman and to collect her money. Women were told that we were dealing with a "product of conception" or a "glob of tissue". They were told that there would be only slight cramping, whereas, in reality, an abortion is excruciatingly painful. I know because I had one.

### How did you dispose of an aborted baby?

In our clinics we used a heavy duty garbage disposal.

### What complications did you witness?

In the last 18 months I was in the business, we were completing over 500 abortions monthly and killing or maiming one woman out of 500. Common complications include perforations or tears in the uterus. Many of those result in hysterectomies. The doctor might cut or harm the urinary tract, which then requires surgical repair. A complication that is rarely publicized is one in which the doctor perforates the uterus and pulls the bowels through the vagina, resulting in a colostomy. Some of them can be reversed, others must live with the colostomy for the remainder of their lives.

### Why did you get out of the business?

I finally realized that we weren't helping women—we were exploiting them.

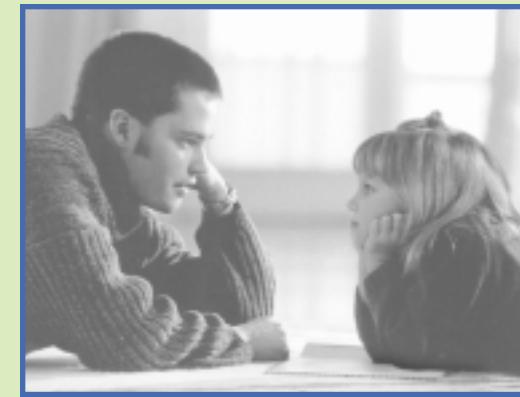
*This text is from an interview with Carol Everett, a former director of four abortion clinics and owner of two in the Dallas/Fort Worth, Texas area. To order the compelling video, audio or written testimony of numerous other former abortion providers, please call ProLife Action League, 773-777-2900.*

## Abortion/Breast Cancer - No link at all? Hmmm!

In February of 2003, the National Cancer Institute (NCI) claimed that no significant link has been found between abortion and the incidence of breast cancer. Most known risk factors for breast cancer are attributable to estrogen overexposure. The U.S. Department of Health and Human Services in the *10th Report on Carcinogens* (Dec. 2002) listed steroid estrogens as a "known" human carcinogen (<http://ehp.nichs.nih.gov/roc/>). In a healthy pregnancy, a woman's blood estrogen level rises by 2000% by the end of the first trimester. Terminating that pregnancy prematurely leaves high levels of estrogen in the body, thereby making abortion a highly suspected risk. Considering the high incidence of both abortion and breast cancer, the numerous studies and reviews which report a significant association and the numbers of advocates (on both sides of the abortion debate) for informing women of the potential risk, Human Life Alliance encourages its readers to obtain more information. The following websites are recommended: [www.bcpinstitute.org](http://www.bcpinstitute.org); [www.abortioncancer.com](http://www.abortioncancer.com); [www.abortionbreastcancer.com](http://www.abortionbreastcancer.com); [www.eters.net/cancerTP.htm](http://www.eters.net/cancerTP.htm).

## The Other Half: A Father Speaks

I was a participant in two abortions with my ex-wife...It has been six years since the last abortion, nine since the decision for the first one. Every time I see children of the approximate age of the two lost ones, I cry, no matter where...church, the mall, the park, the library. I want to call their names, Michelle, Danielle, Stephen, William. Their legacy is gone. Their beauty unfinished, nullified by a decision to which I agreed...I have gone from pro-choice to pro-child."



—E-mail message  
from a Father to  
Human Life Alliance

## Erin's Story

...One year later I look back and see a tortured soul fighting for reasons and not finding any. I still wonder how in such devastation and desperation I chose life. I did, and that "has made all the difference." The reasons I endlessly sought did come. They came in my choice of adoption. Choosing life doesn't always mean being a mother. I am not her mother; I never will be. I chose parents for her and I met them, and on her birthday I said goodbye. The hardest thing I have ever done. The day I met my little one was the day I understood the reasons. I finally realized that God gave her life—and I let her live. I made a mistake and I sacrificed for it. My daughter didn't deserve to sacrifice for my mistake. She has a chance to live, and already she brings happiness to her family, already she has made a difference. I miss my little one but a friend who had an abortion said, "at least yours is alive." That thought gives me comfort—my child survived. My anguish, my humiliation, and my fear did not become a reason for her death. Instead her life became a reason for me to heal.

—Erin, December 17, 2001



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alive!"

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marvelously  
alive  
together!"

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